

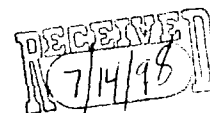
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July 7, 1998

Dr. Elizabeth Yetley, Ph.D.
F.D.A.
Office of Special Nutrition
200 "C" St., S.W.
Washington, DC 20204



Please be advised that Jarrow Formulas, Inc. is marketing a product containing a "Structure and Function" statement on the label. According to the notification requirements set forth by the DSHEA (Dietary Supplement Health and Education Act, 1994) legislation, please be advised of the following:

Name of Product: Mega PC-35TM, 120 softgels

Active Ingredient(s): Phosphatidylcholine, Phosphatidylethanolamine, Phosphatidylinositol, Phosphatidic Acid, Fatty Acids, Other Phospho Lipids.

Claim(s): "PC is a main component of cell membranes and is critical for brain and liver function.: Phosphatidylcholine (lecithin) is an excellent source of choline, a B vitamin. PC is a main component of cell membranes and is critical for brain and liver function.

The following disclaimer appears on the label: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

These claims are limited to, and a result of, what we believe to be a substantial body of scientific evidence supporting the functional role of these nutrients. A compendium of relative published research substantiating the above statement(s) is on file at the corporate office.

Respectfully submitted,

Siddharth S. Shastri, B.A., C.C.N.
Director of Product Development

USAGE: Take 2 to 12 MEGA PC-35™ softgels per day, preferably with meals, or as directed by your qualified health consultant.

MEGA PC-35™ contains soy bean lecithin, concentrated to the level of 35% PC (phosphatidylcholine) and vegetable oil.

Phosphatidylcholine (lecithin) is an excellent source of choline, a B vitamin. PC is a main component of cell membranes and is critical for brain and liver function. In the brain, PC is the precursor to acetylcholine. In digestion, PC is part of the bile complex that emulsifies fats to facilitate absorption.

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Superior Nutrition and Formulation by
Jarrow FORMULAS™
 Los Angeles, CA 90035

Jarrow FORMULAS™

MEGA PC-35™

**35% Phosphatidylcholine
3x Strength Lecithin**

PC is a main component of cell membranes and is critical for brain and liver function

120 softgels 1,200 mg. each

Each softgel contains the following phospholipids:

	Amount	%
Phosphatidylcholine	420 mg.	35%
(providing 65 mg. of Choline)		
Phosphatidylethanolamine96 mg.	8%
Phosphatidylinositol30 mg.	2.5%
Phosphatidic Acid18 mg.	1.5%
Fatty Acids480 mg.	40%
Other Phospho Lipids156 mg.	13%

Softgel consists of gelatin, glycerine and distilled water. Contains **NO** corn, wheat, yeast, artificial flavor, color or preservative, or any common allergen.

Keep in a cool, dry, dark place. May be refrigerated but keep lid tightly sealed.

Lot #, Best Used Before:

